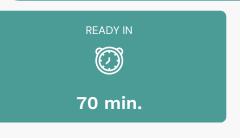


Maxime Bilet's "Exploding" Chocolate







SIDE DISH

Ingredients

	2 tablespoons butter ()
	10 ounces chocolate chopped
	1 cup popped popcorn unflavored rocks-style your favorite (, or pick flavor)

0.5 cup rice cereal crushed

Equipment

bowl
baking sheet
microwave

Directions Line a baking sheet with a silicone baking mat or waxed paper; set aside. Place the chocolate and butter in a microwave–safe bowl and heat in the microwave, stirring every 30 seconds, until just melted and smooth.Fold the Pop Rocks and cereal into the chocolate mixture until evenly combined. Spread onto the prepared baking sheet in an even layer. Let sit at room temperature until set, about 1 to 2 hours. Break into pieces and serve. Nutrition Facts PROTEIN 2.83% ■ FAT 57.33% ■ CARBS 39.84%

Properties

Glycemic Index:13.24, Glycemic Load:5.91, Inflammation Score:-1, Nutrition Score:2.2047825996643%

Nutrients (% of daily need)

Calories: 143.03kcal (7.15%), Fat: 10.02g (15.42%), Saturated Fat: 5.95g (37.19%), Carbohydrates: 15.67g (5.22%), Net Carbohydrates: 14.22g (5.17%), Sugar: 12.17g (13.52%), Cholesterol: 5.02mg (1.67%), Sodium: 18.9mg (0.82%), Alcohol: Og (100%), Alcohol %: O% (100%), Caffeine: 15.59mg (5.2%), Protein: 1.11g (2.23%), Magnesium: 28.3mg (7.07%), Copper: 0.14mg (6.99%), Manganese: 0.13mg (6.35%), Fiber: 1.44g (5.77%), Phosphorus: 39.49mg (3.95%), Iron: 0.7mg (3.91%), Vitamin B2: 0.06mg (3.55%), Zinc: 0.39mg (2.62%), Potassium: 72.99mg (2.09%), Vitamin K: 1.66µg (1.58%), Vitamin A: 60.11IU (1.2%), Selenium: 0.77µg (1.09%), Vitamin B3: 0.21mg (1.04%)